

Lesson Overview

Lesson	Title	Skill Focus	Australian Curriculum Content Descriptions
1	Introduction to running, jumping and throwing.	Running, jumping, hopping, throwing, accuracy.	ACPMP043 ACPMP047
2	Fundamental skills of running, jumping and throwing.	Running, dodging, leaping, jumping, throwing, accuracy, rolling, teamwork.	ACPMP043 ACPMP045
3	Consolidating skills of running, jumping in all directions and throwing for accuracy.	Running, jumping, throwing, shot placement, accuracy, teamwork, balancing.	ACPMP043 ACPMP045
4	Consolidating skills of running, jumping and throwing from a jogging start.	Catching, throwing, running, jumping, hopping, accuracy.	ACPMP043
5	Refining skills of running, jumping with two-foot landing and throwing using whole body.	Catching, throwing, running, leaping, jumping.	ACPMP043 ACPMP045
6	Refining skills of running and modifying pace, hopping in different directions and throwing for accuracy.	Running, hopping, throwing, accuracy.	ACPMP043 ACPMP047 ACPMP108 *see notes on Gorri
7	IAAF Kids' Athletics team event.	Running, jumping, throwing.	